

## **FOR IMMEDIATE RELEASE**

### **Learn to Live, a leader in digital mental health solutions, is offering its COVID-19 resources for free to the public during the ongoing pandemic**

**Minneapolis, MN (May 1, 2020)** – Learn to Live, a leader in the delivery of digital mental health solutions, has made its COVID-19 Wellbeing Center freely available to the public. Members and non-members alike can now access Learn to Live’s clinically-based digital tools and resources created in response to the ongoing pandemic.

Stress and uncertainty are affecting the overall well-being of many during the COVID-19 crisis. The Disaster Distress Helpline, a federal crisis hotline, reported an 891% increase in March calls. Learn to Live’s digital platform provides a unique means of addressing the increased need by providing relevant tools based on the proven fundamentals of CBT in an accessible, online format. That Wellbeing Center is freely accessible at [learntolive.com](http://learntolive.com).

“I’m so proud of our team at Learn to Live,” said Learn to Live CEO and co-founder Dale Cook. “They’ve been working long hours and late nights to help people find relief. There is a huge need right now. We’ve seen a spike in our usage numbers, to be sure. We can follow the increased demand for our programs and see users get relief through feedback from our screening tools. We know what struggles people are dealing with, where they’re finding relief, and what tools are working. We’ve used this insight to develop even more tools that are relevant for what we’re experiencing as a result of this pandemic.”

“It’s a privilege to be able to help address emotional needs in challenging times,” added Cook. “Learn to Live’s work in this space has given us important insight into where and how people are suffering and how best to address that suffering. We want to help where we can and our platform gives us a way to deliver that help.”

Learn to Live collaborates with leading health insurers, large employers, and higher education institutions who offer Learn to Live’s emotional health programs to their members, employees and students. Their digital services are now available to more than 3.5 million lives across the United States.

#### **About Learn to Live**

Learn to Live is the leader in tackling mental, emotional, behavioral health challenges through consumer-centered technology via web and mobile delivery. Our programs are designed to help individuals with stress, depression, social anxiety, insomnia, and substance use. Each program is self-directed and based on the proven fundamentals of cognitive behavioral therapy. The company designs solutions to reduce stigma, address access barriers and limit financial concerns for those seeking help. Learn to Live has helped tens of thousands of individual consumers, and also partners with organizational clients in the health plan, employment, and higher education sectors. Through these partnerships, Learn to Live now covers over 3.5 million members. For more information, visit [learntolive.com](http://learntolive.com).